

## The Special Needs of Women's Psychological Problems during Unwanted Pregnancy with Hypnotherapy

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### ABSTRACT

*Unwanted pregnancy status can have an impact on the psychological aspects of pregnancy. Hypnotherapy is one of the special needs that need to be given to overcome psychological problems in unwanted pregnancies. The function of this therapy is to help the mother to be more relaxed. When relaxed, the person can discuss their feelings and emotions without stress and anxiety. The purpose of the study was to find out the effect of hypnotherapy on women's psychological problems in unwanted pregnancies. Methods of using systematic review. Research from as many as 610 articles later analysed PRISMA into 9 articles came from databases such as PubMed, Science Direct, google scholar. The results showed that the pooled odds ratio obtained by 0.07 (95% CI 0.04 – 0.15) so that it can be concluded that hypnotherapy can reduce the risk of 0.07 mothers experiencing psychological problems and unwanted pregnancies are greater. There is a significant relationship between hypnotherapy and the incidence of psychological problems in pregnant women that are not desirable evidenced by  $p < 0.05$  which is  $p = 0.00001$ .*

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### INTRODUCTION

WHO (2012) reported a percentage of 75% of pregnancies was categorized as unwanted pregnancy. This percentage was mostly found in adolescents aged between 15 and 19 years old in 2008. In 2011, the percentage of unwanted pregnancies decreased to a percentage of 45%. It proved that the decreased case occurred when the improvement occurred. However, the emerging problems due to unwanted problems remained unsolved (WHO, 2012) Williams, (2017) explain that unwanted pregnancy influences the psychological problems of pregnant women. The problem must receive adequate attention because it deals with the mortality rate of mothers, abortion, low-weight babies born, premature

delivery, and mortality rate of baby (Lisa Indrian Dini et al., 2016)

Every parent dreams of having babies. In Indonesia, many citizens believe that the ideal family must consist of a father, a mother, and children. In a family, the presence of an offspring can keep the family or the marriage integrated (Komalasari & Septiyanti, 2017). The value concept of children is an essential matter and becomes a part of people's life. Children of a family are the offspring and the inheritors of the family tradition. They are the place to share all love and compassion. They bring happiness and future guarantees for parents (Phillips-Moore, 2012). Hindrances and problems of having offspring may be perceived as the greatest failure

because children are the symbols of fertility and success. However, pregnancy to bear children may be a problem when the pregnancy is unwanted (Redshaw & Henderson, 2013).

The emerging psychological problems after most deliveries include psychological stress, anxiety, low self-esteem, and low coping strategies. These psychological problems are the connecting factors of depression on unwanted pregnancy. Pregnant mothers with unwanted pregnancy require high self-esteem, supports from their spouses, families, friends, and the surrounding people, and adequate therapy to overcome the psychological problems. One of the efforts to overcome is hypnotherapy. Hypnotherapy is an alternative effort to decrease psychological problem risks of pregnant women, especially dealing with an unwanted pregnancy. Hypnotherapy can improve self-esteem and reduce depression in women with an unwanted pregnancy (Redshaw & Henderson, 2013)

The efforts to remove psychological problems during unwanted pregnancy include yoga exercise, meditation, relaxation (breathing and muscular exercises), and hypnotherapy (National Institute of Health, 2015). The importance of promoting complementary administration for the psychological health of mothers with unwanted pregnancies could decrease the risks of depression and anxiety (McBride & Kwee, 2016)

The prevalence of anxiety, depression, and risk during pregnancy requires further studies. Thus, mothers with unwanted pregnancies could solve the problems based on their needs to reduce psychological problems. From the explanations, the researchers promoted a meta-analysis of Women's Psychological Problems during Unexpected Pregnancy with Hypnotherapy. The purpose of the study was to find out the effect of hypnotherapy on women's psychological problems in unwanted pregnancies.

## METHODS

The researchers applied meta-analysis by searching related literature works from electronic databases systematically and comprehensively. The researchers only searched the indexed works. Data source the applied database for this research included Google Scholar, PubMed, and ScienceDirect. The applied keywords were “Unwanted Pregnancy”, “Psychological Problems”, and “Hypnotherapy.” The dependent variable was a psychological problem. The Instrument Development and Technique of Collecting the Data the researchers only used reliable articles after being examined by PICOS (Population, Intervention, Comparison, Outcome, and Study Design) The data analysis technique used meta-analysis with Revman 5.4.

## RESULTS

Here are the analysis results concerning the research questions.

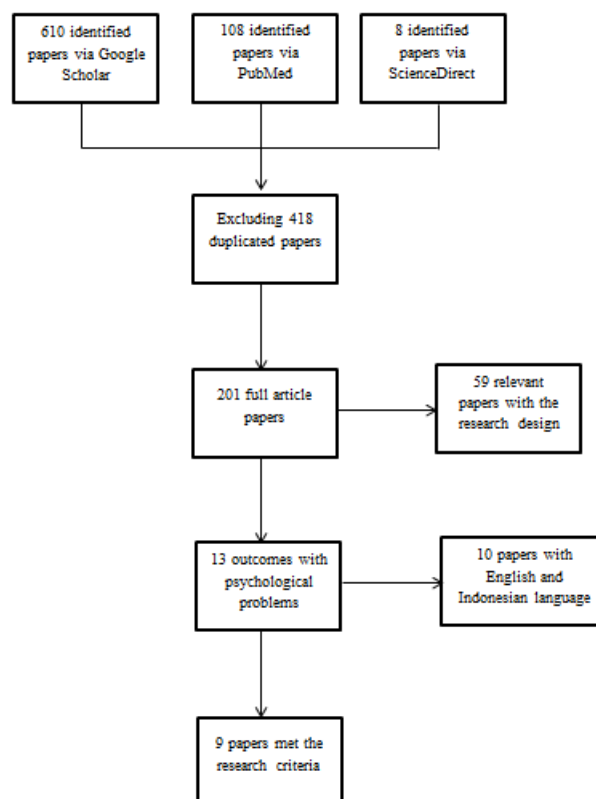
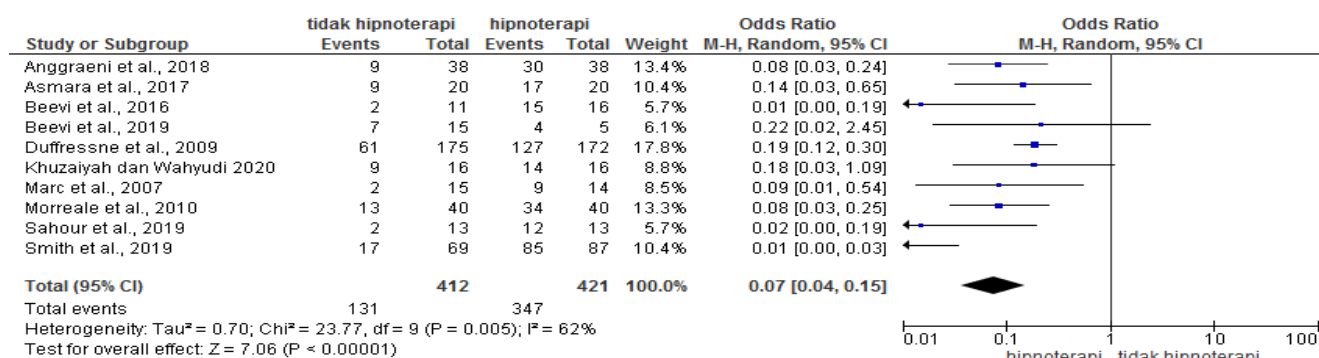


Figure 1 The Diagram Flow



## DISCUSSION

The forest plot indicates that the pooled odds ratio is 0.07, (95% CI 0.04 - 0.15). The result shows hypnotherapy could decrease the risk of psychological problems for mothers with unexpected pregnancies. The percentage, 0.07, indicates better results. The result also shows a significant correlation between hypnotherapy and psychological problem occurrence on women with an unwanted pregnancy,  $p < 0.05$ ,  $p = 0.00001$ .

The Special Needs of Women's Psychological Problems during Unexpected Pregnancy with Hypnotherapy. The unwanted pregnancy status became an important matter to consider because it could influence the health of the babies and the mothers. The unwanted pregnancy influenced antenatal nursing care visits exclusively. The influence of unwanted pregnancy toward maternity was varied on the mothers based on economic statuses (WHO, 2012).

Women with unwanted pregnancies and who received hypnotherapy could decrease psychological problem risks. They could induce consciousness so they were more relaxed. Thus, they could remove their stresses and anxiety. Hypnotherapy is an efficient therapy to remove stress and anxiety (Komalasari & Septiyanti, 2017).

Women with an unwanted pregnancy and suffered from stress would have fetal risks. However, with hypnotherapy, the risks could be lowered. The therapy could also make the uterus contraction and heartbeat of

the women stable. The hypnosis phase also makes the systolic blood pressure lower. The significant statistical results of hypnotherapy to reduce anxiety levels make the therapy a new trend. The maternal heartbeat coefficient variance was also lower during the hypnosis phase.

Routine hypnotherapy intervention with standardized obstetric care could lower stresses and depression in the antenatal stage (Lisa Indrian Dini et al., 2016).

The administration of anti-depressant medicine to cure antenatal problems may raise certain problems because the medications pass the placenta. Thus, it is dangerous for the growing fetus. Therefore, non-pharmaceutical intervention, hypnotherapy, is important to manage stress and anxiety during pregnancy. Various previous studies found the effectiveness of psychological interventions and behaviors. Both passive and active relaxation on pregnant women with hypnotherapy could reduce the anxiety. For some decades, many parties have been using hypnotherapy to cure various stress and psychological problems. Hypnotherapy could reduce cortisone hormone production when it is applied regularly. Hypnotherapy could also smoothen the blood flow so that the nutrients received by the mothers could reach the fetus optimally (Redshaw & Henderson, 2013).

The positive benefits of hypnotherapy are: to indirectly modulate stress via positive effects for stress problems. These problems include insomnia and many other problems. Thus, pregnant women could rest adequately so they could reduce their stress levels. The

effectiveness of hypnotherapy toward anxiety and depression levels decrease for women with unwanted pregnancy made many parties develop it. The development also occurred in the prenatal practice domain that received adequate support evidence, both qualitatively and quantitatively (Harrington et al., 2015). The determinant factors dealing with psychological problems on women with unwanted pregnancies were observable from various stress reactivities. They were physiological, behavioral, and self-perception aspects. The researcher argues these aspects must be further investigated as supportive factors of success for mothers to promote hypnotherapy (Phillips-Moore, 2012).

Low anxiety levels without any depression symptoms in the second month after the delivery could raise the success level to provide exclusive breast milk. Thus, hypnotherapy could be an alternative for mothers with an unwanted pregnancy (Williams, 2017). Hypnotherapy could make the patients to less suffering from psychological problems, including stress, anxiety, and depression. Hypnotherapy could also accelerate the recovery process of postpartum mothers and decrease the anxiety during delivery for mothers with difficulty giving birth. Then, the mother could receive health counseling to promote hypnotherapy to reduce the psychological problem risks (Davis, 2015; Goldner-Vukov, 2017).

## CONCLUSION

The result showed that the pooled odds ratio obtained by 0.07 (95% CI 0.04 – 0.15) so There is an effect of hypnotherapy on women's psychological problems in unwanted pregnancies and also shows a significant correlation between hypnotherapy and psychological problem occurrence on women with an unwanted pregnancy,  $p < 0.05$ ,  $p = 0.00001$ .

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